

REACH U.S.

Chicago Department of Public Health REACH Lawndale Health Promotion Project

Chicago, Illinois

A REACH Action Community (AC)

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REACHU.S.

Racial and Ethnic Approaches to Community Health Across the U.S. (REACH U.S.) is a national Centers for Disease Control and Prevention (CDC) program aimed at eliminating racial and ethnic health disparities. It utilizes community-based approaches to reduce the burden of chronic illness in specific at-risk populations. There are 22 **REACH Action Communities** using practice-based and evidence-based programs. These programs look at cultural and environmental influences related to health disparities and their underlying causes. They develop, evaluate, and share their culturally specific and relevant strategies and best practices.

ISSUE

The REACH Action Community program at the Chicago Department of Public Health provides outreach addressing type 2 diabetes and cardiovascular disease among African American and Hispanic/Latinos in the North and South Lawndale neighborhoods of Chicago, IL. The program places special emphasis bringing prevention activities out into the community; disseminate information on health disparities, and educating local decision makers about the goals of the program.

ACTIVITIES

- Trains and supports community health workers in two neighborhoods of Chicago who educate community members about the prevention and treatment of type 2 diabetes and cardiovascular disease.
- Works to expand the faith and health ministry program – initially began as a targeted intervention through REACH 2010 - to become a city-wide intervention.

- Supports Community Health Advocates in their efforts to help communities improve their health status and reduce health disparities.
- Collaborates with local beauty salons and barbershops to provide training to owners and employees on how to educate their clients on type 2 diabetes and cardiovascular disease prevention.

ACHIEVEMENTS

- According to data from the REACH Risk Factor Survey conducted between 2006 and 2009, the percentage of African Americans in Chicago eating at least five fruits and vegetables daily increased 5.7% and the percentage of African Americans meeting physical activity recommendations increased by 2.4%.
- The obesity rate among African Americans in Chicago decreased by 1.9% and the percentage of African Americans who had their cholesterol checked increased by 3.7%.
- According to the data from the same survey, the smoking rate among Hispanic/Latinos in Chicago decreased by 4.1% and the percentage of Hispanics/Latinos who reported a cholesterol check increased by 27%.

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National Center for Chronic Disease Prevention and Health Promotion
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